

MAY & JUNE 2004
MWR, FLEET ACTIVITIES, SASEBO, JAPAN

SHOWS@SASEBO magazine



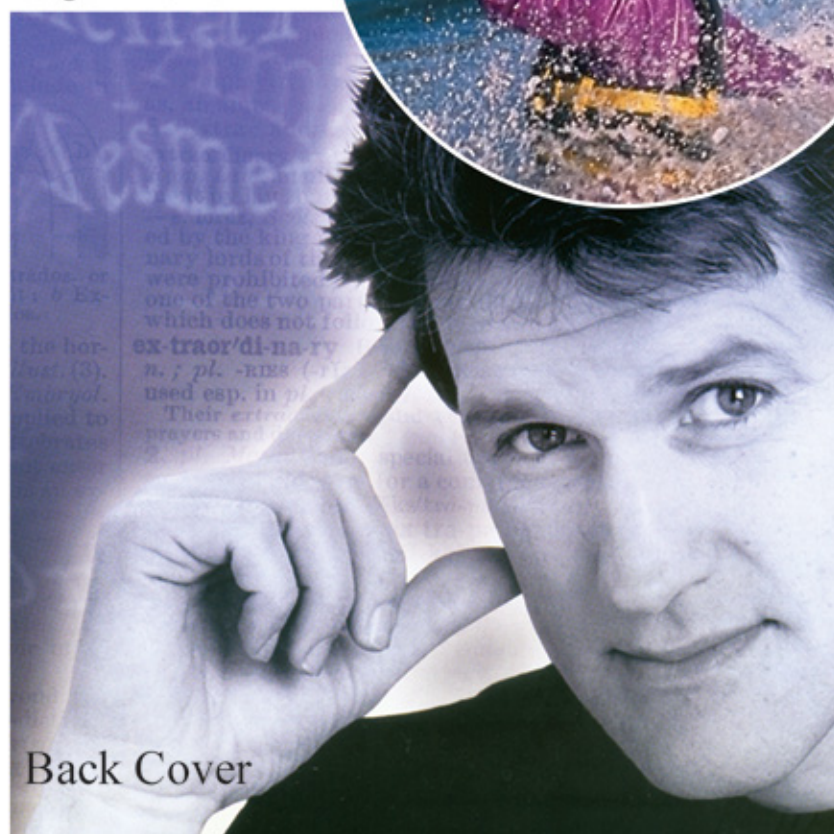
Contents

Showcase Magazine

MAY & JUNE



May is Asian Pacific
Heritage Month



3 Features in this Showcase

4 The Harbor View Club

6 The Galaxies Club

8 Travel & Tours

May 2004 Itineraries

10 Travel & Tours

June 2004 Itineraries

12 Sailing & Outdoor

Adventure Center

14 Fleet Fitness Center

16 Spare Time Recreation

Bowling Center

18 Liberty Program

20 Youth Sports

21 Boys & Girls Clubs of Sasebo

Main Base & Hario Youth Centers

22 Boys & Girls Clubs of Sasebo

Main Base & Hario Pre-Teen Center

23 Boys & Girls Clubs of Sasebo

Main Base & Hario Teen Centers

24 MWR Library

25 Hario Fitness Center &

Hario Community Center

26 Wood & Auto Hobby Shops

27 Fleet & Family Support Center

& Navy Exchange

28 SATO Leisure Travel

29 MWR Directory

30 May MWR Calendar

at a Glance

31 June MWR Calendar

at a Glance

Back Cover

Craig Karges Show

Your MWR team is committed to meeting your needs. This is where to turn with your feedback, suggestions and questions.

SCOTT POLUHOWICH 252-3472
MWR Director

LAURA KNUTSON 252-2985
Child Development Program Administrator
Lynne Holmes 252-8847 or 252-8843
Hario Village Child Development Director

VACANT 252-3588
Recreation Director
Isaiah Mincks 252-3588
Main Base Athletic Director
Fleet Fitness Center, Pro Shop, IM Sports,
MB Swimming Pool, STRC Fitness &
Exercise Rooms, Nimitz and Devil Dog Parks

Mark Haley 252-3588

Sports Director
Fleet Fitness Center

Alec Culpepper 252-3588

Fitness & Aquatic Director

David Glazier 252-8845

Hario Village Athletic Director

Hario Gym, Hario Swimming Pool, HV
Multi-purpose Room, HV Waterfront Park
& Pavilion

DAVE WAGNER 252-3320

Community Activities Manager

Libraries, Theaters, Sailing & Outdoor
Adventure Center, Paws and Claws,

Community Activities, Spare Time Rec
Bowling Center

Wayne Newnam 252-3593

Library Manager

Keith Reynolds 252-3634

Bowling Center Manager

Vacant 252-2988

Showboat & Village Theater Manager

Walter Birkenheier 252-3500

Sailing Center Manager

EMIL MORAVEC 252-2934

Facilities Manager

MWR Maintenance, Warehousing,
Auto & Wood Hobby Shops

DENNIS LEBLING 252-2928

Fleet Recreation Coordinator

Fleet Recreation Support, Liberty Programs

Sean Ally 252-3756

Liberty Coordinator

Michael Rodriques 252-3433

Travel & Tours Manager

KEN TAYLOR 252-1802

Club Coordinator

Kevin Dugan 252-2952

Harbor View Club Manager

Charles Yost 252-2940

Harbor View Asst. Manager

Efrain Gracia 252-2965

Galaxies Club Manager

Seth Kloss 252-2985

Galaxies Club Asst. Manager

MASUMI YOSHIDA 252-2917

Administrative Officer

ALLISON FOO 252-3930

Marketing Director

new in the mwr spotlight

MAY 2004

DANCE CLASSES

MWR SASEBO, JAPAN

BALLET & JAZZ

3-14 YEARS OLD

with **BEVERLY BRINKLEY**

MAXIMUM OF 20 STUDENTS PER CLASS

CLASSES START MAY 10

REGISTER AT THE
FLEET FITNESS CENTER

CLASSES HELD
AT THE SPARETIME
AEROBICS ROOM
BLDG. 91



CLASSES PRICE MONTHLY

BALLET (4 X PER MONTH)	\$ 40.00
BALLET (8 X PER MONTH)	\$ 50.00
JAZZ (4 X PER MONTH)	\$ 40.00
JAZZ (8 X PER MONTH)	\$ 50.00
BALLET & JAZZ (4 X PER MONTH)	\$ 50.00
BALLET & JAZZ (8 X PER MONTH)	\$ 60.00

FOR MORE INFORMATION, CALL 252-3588.

MONDAY

5-7 YEARS OLD BALLET
3:30 P.M. - 4:15 P.M.
5-7 YEARS OLD JAZZ
4:15 P.M. - 5:00 P.M.
8-10 YEARS OLD BALLET
5:10 P.M. - 5:55 P.M.
8-10 YEARS OLD JAZZ
5:55 P.M. - 6:40 P.M.

TUESDAY

11-14 YEARS OLD BALLET
3:30 P.M. - 4:15 P.M.
11-14 YEARS OLD JAZZ
4:15 P.M. - 5:00 P.M.

WEDNESDAY

3 & 4 YEARS OLD BALLET
3:30 P.M. - 4:00 P.M.
3 & 4 YEARS OLD JAZZ
4:00 P.M. - 4:30 P.M.

THURSDAY

5-7 YEARS OLD BALLET
3:30 P.M. - 4:15 P.M.
5-7 YEARS OLD JAZZ
4:15 P.M. - 5:00 P.M.
8-10 YEARS OLD BALLET
5:10 P.M. - 5:55 P.M.
8-10 YEARS OLD JAZZ
5:55 P.M. - 6:40 P.M.


FRIDAY

3 & 4 YEARS OLD BALLET
3:30 P.M. - 4:00 P.M.
3 & 4 YEARS OLD JAZZ
4:00 P.M. - 4:30 P.M.
11-14 YEARS OLD BALLET
4:40 P.M. - 5:25 P.M.
11-14 YEARS OLD JAZZ
5:25 P.M. - 6:10 P.M.

now on-line

<http://www.cfas.navy.mil/Ogz/mwr/mwrhomepage.html>

Visit our website and discover our Showcase Magazine right at your finger tips.

- Community Activities
- On-line Employment Application and Job Listings
- Travel & Tours Itineraries
- Dining & Entertainment
- Recreation
- Child Services
- MWR Directory
- and more.
- You can link on through the CFAS Homepage at:
www.cfas.navy.mil (click on "Welcome Aboard"
and then the  MWR logo.)



*The Harbor View Club will be
closed for maintenance on
Monday, May 3 & Monday, June 7.
There will be no lunch or dinner service.
Club will re-open at 5 p.m.*



Mother's Day is Sunday, May 9

Show your mother how much you appreciate her at

Mother's Day Brunch 10 - 2 p.m.

*Adults: \$14.95, Children 5 - 10 years old \$6.95
Children 4 & under are free.*

April Lunch Specials

*Served Monday - Friday,
11 a.m. - 2 p.m.*

*All lunch specials include one trip
to the salad bar and your choice of
iced tea or coffee.*

MONDAY

Grilled flank steak with
Peppercorn & Cognac Sauce

TUESDAY

Chicken Kiev in Wine Sauce

WEDNESDAY

Baked Rigatoni ala Vodka
& Garlic Bread

THURSDAY

BBQ Smoked Pork Ribs
with Barbecue Sauce

FRIDAY

Grilled Salmon Patty Sandwich
Sauteed in a
Red Wine Mushroom Sauce

*All entrees accompanied by
chef's garniture.*

*The Harbor View Club is honoring
Asian Pacific Heritage Month
with a special*
Luau Brunch

**Sunday, May 23
10 a.m. - 2 p.m.**

*Adults: \$11.95
Children 5 - 10 years old: \$5.95
Children under 4 are free.*





Treat Dad to Steak & Eggs

at Harbor View Club's

Father's Day Brunch

Sunday, June 20

10 a.m. - 2 p.m.

Adults: \$14.95, Children 5 - 10 years old \$6.95

Children 4 & under are free.

Happy Hour

Every Friday in the
Tavern & CPO Lounge
4:30 p.m.
Free munchies!

May Lunch Specials

Served Monday - Friday,
11 a.m. - 2 p.m.

All lunch specials include one trip
to the salad bar and your choice of
iced tea or coffee.

MONDAY

BBQ Baby Back Ribs
with Barbecue Sauce

TUESDAY

Tex-Mex Chicken Fajita
with Homemade Tortillas

WEDNESDAY

Hawaiian Turkey Burger
with Grilled Pineapple

THURSDAY

Corned Beef Brisket
Braided Napa Cabbage

FRIDAY

Mix Seafood Au Gratin
Fresh Dill Champagne Sauce

All entrees accompanied by
chef's gamiture.

WEDNESDAY

TUESDAY,
MAY 25

8 P.M.
FREE

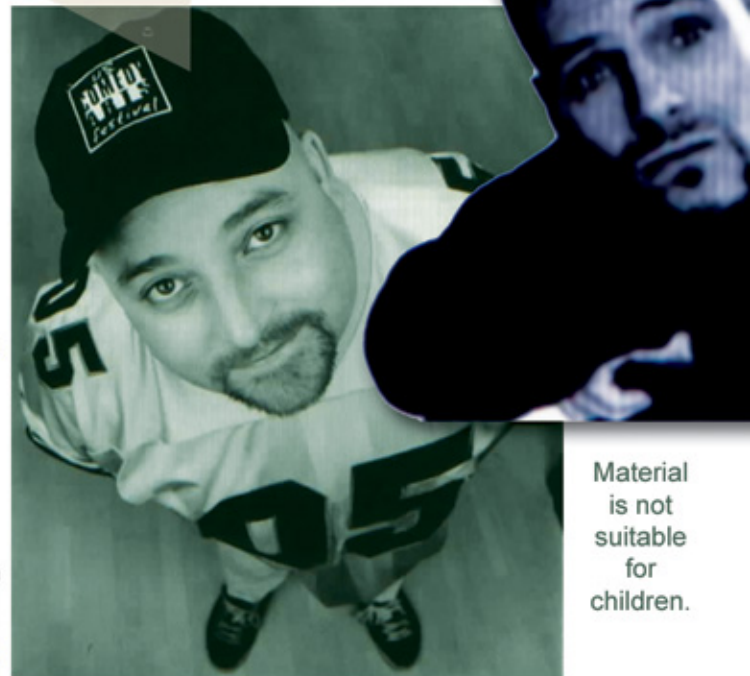
Want a dozen
Freshly
Baked
Cookies?

Place your order and in just
20 MINUTES
you'll have it...
Hot from the Oven!

\$5.50 per dozen

harbor cafe

COMEDY



Material
is not
suitable
for
children.

Mongolian Barbecue
every Thursday Night
from 5 - 9 p.m.
65¢ per ounce



on the schedule

FRIDAY, MAY 7
VVR LIVE IN CONCERT

EVERY THURSDAY
LATIN NIGHT

MONDAY, MAY 10 & 24
MONDAY MAYHEM

EVERY FRIDAY
HIP HOP NIGHT

WEDNESDAY, MAY 12 & 26
COUNTRY NIGHT

RETRO NIGHT @ GALAXIES

BOOGIE NIGHTS



DIRK DIGGLER
NIGHT

THURSDAY, MAY 20
8 P.M.

- Monday**
Beef fajitas, rice & beans served with flour tortillas
- Tuesday**
Roast chicken, Parsley potatoes, oriental blend vegetables with roll
- Wednesday**
Beef stir-fry, choice of fried rice or steamed rice and egg roll
- Thursday**
Spaghetti and meatballs, tossed salad and garlic bread
- Friday**
Roast beef, whipped potatoes, buttered corn and roll

MAY LUNCH SPECIALS
\$5
(includes a soda)
Served Monday - Friday 11 a.m.

Colin Quinn's
Bringing up the Rear
Comedy Tour

Robert Kelly

Nick DiPaolo

Thursday, May 13 @ 8 p.m.

USO Sponsors

THE USA FOUNDATION, Coca-Cola, ESPN, Disney, HMO, CLEAR Channel, Champion, Amazon.com, ANKERSTRA, BUSH, BASK, LOUIS, NORTHWEST AIRLINES, Morgan Stanley, Designate 0600 through the CFC

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the WORLD'S ONLY FEMALE TRIBUTE TO IRON MAIDEN
IRON MAIDENS

WWW.THEIRONMAIDENS.COM

SUNDAY, JUNE 20
8 P.M.

June Lunch Special \$5 (includes a soda)
Served Monday - Friday, 11 a.m.

Monday

Mexican Plate: two enchiladas, one taco, rice and beans

Tuesday

Chicken breast blackened with Cajun spices served over fettuccini Alfredo and garnished with fresh tomato. Includes tossed salad and bread sticks.

Wednesday

Curry Chicken served with steamed rice and egg roll

Thursday

Lasagna, served with tossed salad and garlic sticks

Friday

Chicken Yakitori, choice of steamed rice or fried rice & egg roll



Live country!
Hometown News Band Wed., June 23 @ 8 p.m.



THURSDAY, JUNE 17 @ 8 P.M.

on the schedule

MONDAY, JUNE 7 & 21
MONDAY MAYHEM

WEDNESDAY, JUNE 9
COUNTRY NIGHT

SATURDAY, JUNE 19
JUNETEENTH PARTY

EVERY FRIDAY
HIP HOP NIGHT

EVERY THURSDAY
LATIN NIGHT

Travel & Tours

252-3433

Saturday, May 15

Armed Forces Day

Nagasaki City Day Tour

Adults \$20, 6-17 \$14, 5 & under \$8

The "Nagasaki Declaration of Freedom and Peace" was enacted in 1990 with hopes for world peace and the abolition of nuclear arms. The Statue in Peace Park was erected in 1955. This 32-foot bronze statue is symbolic of the people of Nagasaki and their desire for peace. Capture all of the history in the A-bomb Museum, Confucius Shrine, Palace Museum, and the National Museum of Chinese History. Enjoy the spectacular view from the Mt. Inasa Ropeway overlooking Nagasaki City.

This tour may not be suitable for young children due to the graphic content of the bomb museum. In case of inclement weather, we will visit Glover Garden instead of Mt. Inasa Ropeway.



Saturday, May 1 & Sunday, May 2

Arita Annual Chinaware Sale

All seats \$5

Please bring Yen for downtown Arita, and Yen & U.S. dollars for China on The Park. Take a sturdy backpack or a rolling cart! Dress for comfort and weather. You may want to pack a lunch, as the restaurants are very crowded.

This trip is not recommended for small children.



Saturday, May 1 & Sunday, May 2

Hasami Annual Chinaware Sale

All seats \$5

Please bring Yen. Take a sturdy backpack or a rolling cart! Dress for comfort and weather.

You may want to pack a lunch, as the restaurants are very crowded. This trip is not recommended for small children.

Saturday, May 8

Costco Wholesale & Torius Shopping

All seats \$12

You can shop at Costco with the one-day pass you will receive there.

Costco also accepts American Express.

Saturday, May 8

Kitty Land

Adults \$30, 12-18 \$20, 4-11 \$18, 3 & under \$5

This amusement park is geared toward small children 12 and under with its cartoon hero figures. It features Harmony Village, Harmony Garden, Harmony Park, Nature Zone, and Carnival Square.

Sunday, May 9 Mother's Day Tour

Yasuragi-Kan Hot Spring

Adults \$12, 3-15 \$8, 2 & under \$4

Give mom a day off and send her with Travel & Tours for a relaxing day at Yasuragi-Kan Hot Spring. Choose from traditional Japanese baths separated for men or women or the family bath (bathing suits required).

Sunday, May 9

Pro Baseball Day Game

at The Fukuoka Dome

All seats \$30

Japanese professional baseball began in 1937 with just 8 teams. In 1950, it expanded to 14 teams.

Asian Pacific Heritage Special

Friday, May 14 – Sunday, May 16

Universal Studios Osaka Overnight

Adults \$185, 4-12 \$95, 3 & under \$50

This Universal Studios Japan is the first Universal Studios built outside the United States. It is located in the second largest city in Japan, Osaka.

Saturday, May 15

Kijima Amusement Park

Adults \$30, 4-15 \$20, 3 & under \$8

Kijima is a place for the whole family to spend a day having fun. There are various attractions and activities throughout this unique park. Pack a picnic, load the camera with film and enjoy a day out with Travel & Tours.

Sunday, May 16

Mt. Aso & Kurokawa Hot Spring

Adults \$30, 12 & under \$20

Take this trip and enjoy a day of relaxation and beauty. View Mt. Aso by ropeway and learn its history as you tour the volcano museum. Next you will have the chance to relax at the Kurokawa Hot Spring.



Wednesday, May 19

Pottery Making & Painting Experience

Adults \$35

Don't leave Japan without creating your own masterpiece with Travel & Tours. You'll use your own hands to create a pottery piece on the throwing wheel with clay. The piece will be fired and sent to the tours office. You will also be painting a ceramic piece.

Saturday, May 22

Chelsea Premium Outlet Shopping

All seats \$12

This Shopping Center has factory-direct outlets devoted to world-class brand name stores. They represent a new style of shopping created and perfected in the United States, one in which every store is a direct sales outlet for well-known designers and brands from countries around the world. This center includes 92 shops.

Sunday, May 23

Space World

Adults \$30, 4-11 \$20, 3 & under \$5

This is the first theme park in the world focused on Space. This park is located in Kitakyushu City in Fukuoka. Enjoy roller coasters such as the Space Coaster and the Titan, zooming down from 60 meters above the ground at 115-kph. Experience the Lunar Swing that somersaults as if you are floating on the surface of the moon, or how about a rapids adventure on Planet AQA, packed with thrills and excitement...be prepared to get wet!

Sunday, May 23

MCAS Iwakuni Shopping

All seats \$20

The Iwakuni MCAS Exchange can meet all of your shopping needs. They have a multi-level complex where you will find a wide selection of house wares, men's, ladies', and children's apparel, shoes, sports equipment and electronics. There are also a variety of specialty shops such as a Hallmark Card Shop, Oscar's Gift Shop and Torii Tunes.

Saturday, May 29

Merihama Village

Adults \$12, 3-15 \$10, 2 & under \$5

Merihama Village is a great place to bring the little ones. They will enjoy rides, visit animals at the petting zoo and discover a variety of rides just their size.

Facilities:

Athletic field Free

Battery car (Go-cart) ¥100

Grass ski ¥300

Sunday, May 30

Kumamoto Castle

Adults \$23, 6-15 \$16, 5 & under \$10

Kumamoto Castle is located in the heart of Kumamoto City and is one of the most celebrated castles in Japan. It took over 7-years to build, commencing in 1601. This castle is 12 km in circumference and protected by a moat. We will visit the Suizenji Park where you will find the Suizenji Jojuen Garden, which was originally constructed as a tea retreat.



Sunday, May 30 – Monday, May 31

Memorial Day Weekend

Hiroshima & Miyajima

Overnight Trip

Adults/12 & over \$120

Discover the beauty and history of Hiroshima and Miyajima. View the famous Otorii (Grand Gate) standing in the sea. Learn all of the history of Hiroshima as you tour through Peace Park and the A-Bomb Museum.



Monday, May 31

Memorial Day

Pro Baseball Night Game at The Fukuoka Dome

All seats \$30

Japanese professional baseball began in 1937 with just 8 teams. In 1950, it expanded to 14 teams. All of the Japanese teams have nicknames like American teams. These nicknames are given by their corporate owners such as the Daiei Hawks, owned by the Daiei Supermarket chain and the Chiba Lotte Marines owned by the Korean Lotte Food conglomerate. The Fukuoka Dome is the first retractable dome in Japan and is home to the Fukuoka Daiei Hawks Baseball Team.



Sunday, June 6 – Monday, June 7

Miyazaki Ocean Dome Overnight Trip

Adults \$125, 6-12 \$75,
5 & under \$25

The Ocean Dome offers a full range of activities to fulfill your days. There are a variety of pools, exciting attractions, restaurants to please your taste buds, and entertainment galore. The weather is always perfect and water temperature just right. The Miyazaki Ocean Dome is listed in The Guinness Book of World Records as the world's largest indoor water park. It has a maximum capacity of 10,000 visitors.



**Friday, June 11 –
Monday, June 14**

Kyoto Tour

Adults \$85, 13-17 \$65,
12 & under \$55

Please bring ¥en. Holiday Inn accepts major credit cards, as does the handicraft center. The handicraft center also accepts U.S. dollars. Dress for comfort and weather. Due to the length of time on the bus, this trip is not recommended for small children.



Saturday, June 5

Safari Park

Adults \$30, 4-14 \$20, 3 & under \$8
You will be able to see and feed animals up-close like lions, tigers & bears!

Enjoy your time watching shows, playing in the amusement areas and cruising through unique gift shops. Please bring ¥en for snacks, lunch and souvenirs. Don't forget your camera. Dress for comfort and weather.

Saturday, June 5

Yanagawa Boat Ride & Ohana Garden

Adults \$25, 6-15 \$16, 5 & under \$8
Yanagawa City, also known as the "Town of Canals," thrived as a castle town for the Yanagawa Clan during the Edo Period (1600-1868). The canals are adorned with willow and flowering cherry trees. This boat trip will take you on a quiet ride along the canals with its serene and natural beauty. Enjoy the surroundings and the cool water as you travel down the canals to Ohana, a residential villa built for the fourth-generation lord of the Yanagawa Clan.

Sunday, June 6

Shimabara / Unzen & Hot Spring Bath

Adults \$30, 6-12 \$18, 5 & under \$13
Shimabara-hanto Peninsula, belongs to the volcanic region of Mt. Unzen-dake. Its principal peak is Mt. Fugen-dake and the area is part of Unzen-Amakusa National Park.

Saturday, June 12

Pro Baseball Night Game at The Fukuoka Dome

All seats \$30

These nicknames are given by their corporate owners such as the Daiei Hawks, owned by the Daiei Supermarket chain and the Chiba Lotte Marines owned by the Korean Lotte Food conglomerate.

Sunday, June 13

Mitsui Greenland

Adults \$30, over 120 cm / 3-15 \$22,
under 120 cm / 2 & under \$14

This park offers a variety of things to do and see. There are over 60 amusement activities and rides. Mitsui Greenland is a place for all ages.

Sunday, June 13

Marine World & Costco Shopping

Adults \$25, 6-14 \$15, 5 & under \$10

Saturday, June 19

Bio Park

Adults \$15, 12-17 \$10, 4-11 \$8,
3 & under \$4

This park has 12 geographical areas. You can see and touch the animals here and discover plants from around the world. Visit the Tropical Dome, Hippos, Lemurs, Giraffes, Zebras and more. There are gift shops and food stops along the trails of the park.



Saturday, June 19

Acorn Village

Adults \$15, 12-18 \$10, 4-11 \$8,
3 & under \$4

Wednesday, June 23

Pottery Making & Painting Experience

Adults \$35

You'll use your own hands to create a pottery piece on the throwing wheel with clay. The piece will be fired and sent to the tours office.

You will also be painting a ceramic piece. They have several for you to choose from. The factory you will tour is very large and will be sure to impress you on the difficulty of making the pottery & ceramics we've learned to love here in Japan.

Saturday, June 26

Kurume & Yame Day Tour

Adults \$20, 16 & under \$12

Kurume is home to some of the largest rubber manufacturers in Japan, including Bridgestone Corp., Asahi Corp., and MoonStar Chemical Corp., who manufacture a variety of products including automobile tires and footwear.

Saturday, June 26

Space World

Adults \$30, 4-11 \$20, 3 & under \$5
Enjoy roller coasters such as the Space Coaster and the Titan, zooming down from 60 meters above the ground at 115-kph. Experience the Lunar Swing that somersaults as if you are floating on the surface of the moon, or how about a rapids adventure on Planet AQA, packed with thrills and excitement...be prepared to get wet!

Sunday, June 27

Karatsu City Day Tour

Adults \$16, 4-14 \$12, 3 & under \$6
Karatsu is located about 31 miles north of Sasebo, is the host to the majestic Karatsu Castle and is famous for its pottery used in many traditional tea ceremonies. Inside the castle, you'll see many historical heirlooms, and also get a panoramic view of the surrounding area.

Sunday, June 27

Moji Retro Town & Shimonoseki Aquarium

Adults \$23, 6-15 \$14, 5 & under \$8
The aquarium features a blue whale skeleton obtained in 1886 by the Tromso Museum and University of Norway.

The blue whale is the largest creature on the planet, and there are only a few complete skeletons on display in the world today.

This exhibition is the only one of its kind in Japan.



Sunday, June 20

Father's Day Special

Kumagawa Boat Ride & Kyusendo Caves

Adults \$40, 6-15 \$25,
5 & under \$15

One of the three most famous rapids in Japan, the Kumagawa River, offers a boat ride with two routes: the gentle course from the Hitoyoshi Ferry to Watari and the breathtaking course from the Kumagawa Ferry to Kyusendoshita, where the boats run fast like lightning among assorted rocks and thirty-three rapids. A skilled pilot guides passengers through the sprays of water of the route referred to as "The Swiftest Water Chute in the World." In winter, warm heated coverlets are provided on the boats. A new style of rafting has been invented here recently. We cannot guarantee the rapids.



99 ISLANDS OVERLOOK HIKE

Friday, May 14
4 - 6 p.m.
\$5

SASEBO WATER TOUR

Sunday, May 30
2 - 4 p.m.
Friday, June 25
4 - 6 p.m.
\$12

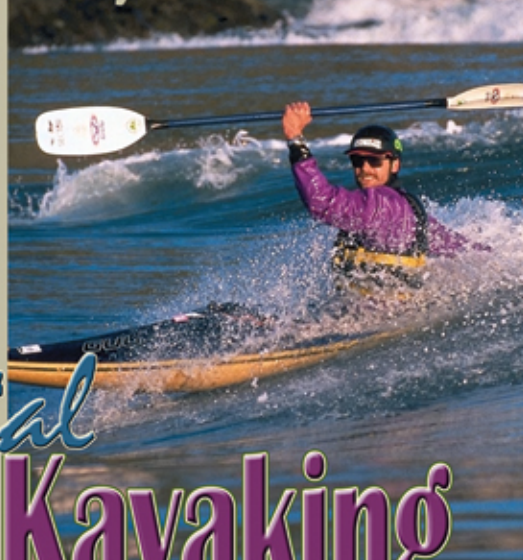


Luan & Casino Night at the Sailing Center

Saturday, May 29 • 6 - 10 p.m. • \$15

SATURDAY,
MAY 1 & 15
SUNDAY,
MAY 9
SATURDAY,
JUNE 5 & 26
SUNDAY,
JUNE 13

All Day Class



BRING LUNCH,
SUNSCREEN
AND A CHANGE
OF CLOTHES.

Class

10 a.m. - 4 p.m.

\$35

For more information,
call 252-3500.



SKILLS CLASSES

By appointment, \$5 each person,
minimum four people

- Knot Tying
- Basic Navigation
- Rock Climbing Skills
- Women in the Outdoors
- 12 Volt Marine Systems
- Fiberglass Boat Repair
- Marine Diesel Engines

ROCKWALL CLIMBING

Friday, May 21

Friday, May 28

4 - 6 p.m.

\$1 per climb

RV CERTIFICATION

Thursday, May 6, 13, 20 & 27

Thursday, June 3, 10, 17 & 24

4 - 6 p.m.

\$25

POWERBOAT SAFETY CLASS

Monday, May 3, 10, 17 & 24

Monday, June 7, 14, 21 & 28

4 - 6 p.m.

\$25



BASIC SAILING CLASS

Sunday,
May 2 & 23
Friday, May 7
Friday, June 11
Saturday, June 12
Sunday, June 27



WATERSKIING

Sunday, May 16
Sunday, June 20
10 a.m. – 2 p.m.
\$15

OREC OPEN HOUSE

MONDAY, MAY 31 • 11 A.M. - 4 P.M.

POWERBOAT Safety Class

May
Monday, May 3
Monday, May 10
Monday, May 17
Monday, May 24
4 - 6 p.m.

\$25 Includes study guide.

FUN IN THE SUN!

TEEN WATERSKIING

Friday, June 18
10 a.m. – 2 p.m.
\$15

RYUMON VALLEY HIKE & FISHING TRIP

Saturday, May 8 • 10 a.m. – 3 p.m. • \$12

MT. KUJU HIKE

Saturday, May 22 • 6 a.m. – 10 p.m. • \$20

MT. EBOSHI HIKE

Friday, June 4 • 4 – 6 p.m. • \$5

HATTEN DAKE HIKING & FISHING TRIP

Sunday, June 6 • 10 a.m. – 3 p.m. • \$12

KUROSHIMA DEEP SEA FISHING TRIP

Saturday, June 19 • 9 a.m. – 3 p.m. • \$30

Get ready for a safe
Summer of boating
with OREC.

June
Monday, June 7
Monday, June 14
Monday, June 21
Monday, June 28
4 - 6 p.m.

For more information,
call 252-3500.





Sasebo Golf Club Championship Saturday, May 15

First Tee Time is at 7:30 a.m.

Tsukumo Golf Course

This tournament is a singles handicap competition. Players will be grouped in flights according to established MWR Handicaps. Register as early as possible to guarantee a spot. Entries are due no later than Thursday, May 6 to the Fleet Fitness Center Office. A \$5 fee is required at the time of registration.

Memorial Day Golf Tournament Monday, May 31

Nagasaki Kukoh Golf Course

Kick off the summer by teeing it up with friends. Tournament format is Callaway scoring. Register early to guarantee a spot. Entries are due no later than Monday, May 24. Please contact the Fleet Fitness Center to determine green fees for this tournament. A \$5.00 registration fee is due to the Fleet Fitness Center at the time of registration.

Father & Child Golf Tournament Saturday, June 19

Tsukumo Golf Course

First Tee Time is at 7:30 a.m.

Fathers will team up with their child in this unique scramble tournament. Golf clubs for children will be provided by MWR on a first come, first serve basis. Register early to guarantee a spot and reserve clubs. Entries are due to the Fleet Fitness Center Office by Tuesday, June 15.

A \$5 fee is required at the time of registration. Awards will be presented to the top 3 teams, with long drive and closest to the pin contests as well.

golf



runs

Armed Forces Day 5K Friday, May 14

5:30 p.m.

Nimitz Park in front of the USO
Register at the Fleet Fitness Center Office by Wednesday, May 12.
Awards will be presented to the top finishers in each division (Youth, Adult, Fleet, Masters, and Senior).

Memorial Day Weekend 10K Monday, May 31

9 a.m., Nimitz Park

Register at the Fleet Fitness Center by Wednesday, May 26.

Finish off your holiday weekend with a jaunt around Nimitz Park.

Race starts in front of the USO.

Awards will be presented to the top finishers in each division (Youth, Adult, Fleet, Masters, and Senior).

Flag Day 3K Run Monday, June 14

11:30 a.m.

Main Base CFAS Admin Flag Pole
Register at the Fleet Fitness Center by Thursday, June 10.

Show your pride in the flag as you jaunt around base sporting the country's flag in your hand. Awards will be presented to the top finishers in each division (Youth, Adult, Fleet, Master, and Senior).



Quick Ball Tournament Saturday, May 8

Start Time: 3 p.m.

Teams will consist of a minimum of 4 players in this fast pitch whiffle ball event. Rosters are due to the Fleet Fitness Center by Wednesday, May 5.

A coaches meeting will be held on Thursday, May 6 at 5:30 p.m. in the Fleet Fitness Center.

Memorial Day Softball Tournament Saturday, May 29

Start Time: 10 a.m.

Team entries due to the Fleet Fitness Center Office by Tuesday, May 25.

This is a Double Elimination Tourney.

Awards will be presented to the top teams, with individual awards for MVP and Sportsmanship.

Caliente Noche One Pitch Softball Tournament

Friday, June 11

Start Time: 6 p.m.

Nimitz Park.

Double Elimination. Team entries are due by Tuesday, June 8 to the Fleet Fitness Center. Awards will be presented to the top teams, with individual awards for MVP and Sportsmanship.

softball



Join the Fun Run Club and earn cool prizes!





Splash n' Dash

Sunday June 20
8:30 a.m.

Main Base Pool.

Entries due to the Fleet Fitness Center Office by Wednesday, June 16. Event will begin in the pool with a 500m swim followed by a 5K run across base. Awards will be presented to the top finishers in each division (Youth, Adult, Fleet, Masters, and Senior).

Sand Volleyball 2-on-2

Sunday, June 20

1 p.m., Nimitz Park.

Double Elimination Tournament

Entries due to the Fleet Fitness Center Office by Wednesday, June 16. 2-on-2 Olympic Style Sand Volleyball tournament. Food and Drink will be provided free of charge. Awards will be given to the top teams, with individual awards for MVP and Sportsmanship awards.

Captain's Cup Sports Leagues

Play begins on Monday, June 21

Start Time: 6 p.m.

Entries due to the Fleet Fitness Center Office by Wednesday, June 16.

Tournaments will be held in Volleyball, Soccer, Basketball and Doubles Racquetball. One team may be submitted from each of the following commands: CFAS, Essex, Juneau, Ft. McHenry, Harpers Ferry, SFGD/Sweeps, Tenant Commands, and the Seabees. Captain's Cup points will be awarded for the 2004 Captain's Cup trophy. Format will be round robin followed by single elimination. A mandatory coaches meeting will be held on June 3 at 5:30 p.m. at the Fleet Fitness Center office.

Late Night Madness...Dinner, Movies & Sports

Friday, June 25

Nimitz Park.

Enjoy a BBQ (6 p.m.), movie (8 p.m.) and sports under the stars. Sports being offered include: Sand Volleyball, Horse-shoes and Quickball. Sports will start at 8 p.m.

Late Night Madness...



Sports Trivia Bowl

Monday, June 21

6 p.m.

Spare Time Recreation Center

Entries due to the Fleet Fitness Center Office by Wednesday, June 16. Team up with fellow sports gurus from your command to compete for Captain's Cup points. 4 person teams will compete throughout the week until a champion is crowned. Mandatory Captain's Meeting on Thursday, June 17 at 5:30 p.m. in the Fleet Fitness Center Office.

8-Ball Team Billiards

Monday, June 21

6 p.m.

Spare Time Recreation Center.

Entries due to the Fleet Fitness Center Office by Wednesday, June 16. Team up with a partner from your command to compete for Captain's Cup points. 2 person teams will compete in this double-elimination tournament. Captain's Cup meeting, Thursday, June 17 at 5:30 p.m. at the Fleet Fitness Center.



Captain's Cup Team Bowling Tournament

Monday, June 21

6 p.m.

Spare Time Recreation Center
Entries due by Wednesday, June 16 to the Fleet Fitness Center Office.
Captain's Meeting on Thursday, June 17 in the Fleet Fitness Center Office.

June 21

Spare Time Recreation Center

252-3634

May Bowling Tournaments

Ruler of the House II

Challenge #7

Friday, May 7

6:30 p.m.

\$15 per person (18 years or older)

This tournament consists of 3 games of 9-Pin No Tap bowling.

The highest total pinfall will determine the winner. The total number of participants will determine the prize money.

3-6-9 Bowling Tournament

Friday, May 14

6:30 p.m.

\$15 per person (18 years or older)

This tournament consists of 3 games of bowling. Every 3rd, 6th and 9th frame will be automatically scored as a strike.

The highest total pinfall will determine the winner. The total number of participants will determine the prize money.

No Tap Special Tournament

Friday, May 21

6:30 p.m.

\$15 per person (18 years or older)

This tournament consists of 4 games as follows:

Game 1: Scratch

Game 2: 7-Pin No Tap

Game 3: 8-Pin No Tap

Game 4: 9-Pin No Tap

The highest total pinfall will determine the winner. The total number of participants will determine the prize money.

3-6-9 Bowling Tournament

Friday, May 28

6:30 p.m.

\$15 per person (18 years or older)

This tournament consists of 3 games of bowling. Every 3rd, 6th and 9th frame will be automatically scored as a strike.

The highest total pinfall will determine the winner. The total number of participants will determine the prize money.



11th Frame May Lunch Specials

All specials are served

Monday - Friday 11 a.m. - 5 p.m.

(Except on Maintenance Days)

Monday

Demon Burger & Soda \$4.50

6 oz. Black Angus burger topped with Monterey Jack cheese and spicy jalapenos.

Served with your choice of curly or regular fries, coleslaw or chips.

Tuesday

Swiss Mushroom Burger & Soda \$4.50

6 oz. Black Angus burger topped with sautéed mushrooms and Swiss cheese.

Served with your choice of curly or regular fries, coleslaw or chips.

Wednesday

Patty Melt Burger & Soda \$4.50

6 oz. Black Angus burger topped with grilled onions and sharp Swiss cheese, served on

Rye bread. Served with your choice of curly or regular fries, coleslaw or chips.

Thursday

French Onion Burger & Soda \$4.50

6 oz. Black Angus burger topped with grilled onions and Monterey Jack cheese served on

an onion bun. Served with your choice of curly or regular fries, coleslaw or chips.

Friday

Yaki Chicken Salad, Soup of the Day & Soda \$5.95

Fresh sliced tomatoes, green peppers, sliced almonds, fried chow mein noodles, and grilled chicken in a delicious yaki sauce served on a bed of lettuce.



Military in Uniform Bowl for Free!

**Monday - Friday
11 a.m. - 1 p.m.**

Come on down to the Spare Time Recreation Center during your lunch time and have some fun with your friends.

If you are in uniform, your games are free, all you have to do is rent your shoes.

June Tournaments

Ruler of the House II

Challenge #8

Friday, June 4

6:30 p.m.

\$15 per person (18 years or older)

This tournament consists of 3 games of 9-Pin No Tap bowling.

The highest total pinfall will determine the winner. The total number of participants will determine the prize money.

3-6-9 Bowling Tournament

Friday, June 11

6:30 p.m.

\$15 per person (18 years or older)

This tournament consists of 3 games of bowling. Every 3rd, 6th and 9th frame will be automatically scored as a strike.

The highest total pinfall will determine the winner. The total number of participants will determine the prize money.

No Tap Special Tournament

Friday, June 18

6:30 p.m.

\$15 per person (18 years or older)

This tournament consists of 4 games as follows:

Game 1: Scratch

Game 2: 7-Pin No Tap

Game 3: 8-Pin No Tap

Game 4: 9-Pin No Tap

The highest total pinfall will determine the winner. The total number of participants will determine the prize money.

3-6-9 Bowling Tournament

Friday, June 25

6:30 p.m.

\$15 per person (18 years or older)

This tournament consists of 3 games of bowling. Every 3rd, 6th and 9th frame will be automatically scored as a strike.

The highest total pinfall will determine the winner. The total number of participants will determine the prize money.



**The Bowling Center will be closed
on Tuesday, May 11 & June 8
and reopen at 5 p.m.**



11th Frame June Lunch Specials

All specials are served
Monday – Friday 11 a.m. – 5 p.m.
(Except on Maintenance Days)

Monday

Taco Burger & Soda \$4.50

6 oz. Black Angus burger topped with American cheese, tomatoes, onions, lettuce and salsa. Served with your choice of curly or regular fries, coleslaw or chips.

Tuesday

Chicken Pita & Soda \$4.50

Diced and grilled chicken topped with grilled onions, tomatoes and lettuce served in a pita bread. Served with your choice of curly or regular fries.

Wednesday

Western Bacon BBQ Burger & Soda \$4.50

6 oz. Black Angus burger topped with Monterey Jack cheese, grilled onions and bell peppers, bacon and BBQ sauce. Served with your choice of curly or regular fries, cole slaw or chips.

Thursday

Hawaiian Burger & Soda \$4.50

6 oz. Black Angus burger topped with pineapple, green peppers, 1 slice of ham and Monterey Jack cheese. Served with your choice of curly fries or regular fries, cole slaw or chips.

Friday

Lumpia, Fried Rice & Soda \$5.50

Rice stick noodles stir fried with vegetables, chicken breast pieces and soy sauce. Served with deep fried lumpias made with ground beef, carrots and onions.

Omura Bay Circuit Go-Cart Racing

Saturday, May 1

10 a.m. - 5 p.m.

\$30 Includes transportation and 14 laps.
Bring extra ¥en for additional laps and food.



99 Island Tour

Sunday, May 2

2 - 6 p.m.

\$8 Includes transportation and boat cruise.

See the 99 islands aboard Kashimae's beautiful Pearl Queen cruise ship and then enjoy dinner and shopping on the pier.

Bring extra ¥en for Dinner.

Kumamoto Castle

Saturday, May 8

9 a.m. - 6 p.m.

\$10 Includes transportation and entrance fees.

Tour this historic castle and then shop in the arcade.

Bring extra ¥en for food and shopping.

Mitsui Greenland

Saturday May 15

8 a.m. - 7 p.m.

\$30 Includes transportation and entrance fees.

This amusement park has a lot to offer.

Enjoy the day riding an assortment of roller coasters, go cart racing, visiting several haunted houses or playing in the arcade or shooting some hoops.

Bring extra ¥en for meals and souvenirs.

Paintball in Iwakuni

Sunday, May 16

7 a.m. - 10 p.m.

\$25 Includes transportation, rental fees and 200 paintballs.

Gather your friends and have some ultimate paintball fun. After paintball enjoy shopping at the Iwakuni PX, book store or grab a bite to eat at some of your favorite places like Burger King and Pizza Hut.

Bring extra cash for food and additional paintballs.

Free Pool Tournament

Monday, May 10 and May 24

7 p.m.

Galaxies Club

Compete for prizes

Motorcycle Races in Oita • Sunday, May 9

7 a.m. - 5 p.m. \$15 includes transportation and entrance fee.

Enjoy the excitement of motorcycle track racing Japanese style.



Saga Horseback Riding

Sunday May 23

9 a.m. - 1 p.m.

\$40 Includes transportation and horseback riding fees.

Bring ¥en for food

have some fun in the
mud @ the gatalympics

Free Movie Night

Thursday, May 13

7 p.m. Enjoy watching a movie premiere with free popcorn and non-alcoholic drinks.

Kumagawa Riverboat Ride

Saturday, May 22

8 a.m. - 5 p.m.

\$35 Includes transportation and boat ride

Bring extra clothes and ¥en for lunch.

Gatalympics

Saturday, May 29

7 a.m. - 5 p.m.

\$5 for transportation.

This is a must for competition daredevils. This event consists of various sport related events all done in the mud.

Get your friends together and sign-up at the Liberty Center.

Bring extra clothes and a towel.

Miyazaki Ocean Dome

Sunday, May 30

6 a.m. - 12 a.m.

\$35 Includes transportation and entrance fees

Enjoy this indoor water park complete with a beach and slides.

Bring extra clothes and ¥en for meals and souvenirs.

Bio Park

Saturday, June 5

9 a.m. – 5 p.m.

\$10. Includes transportation and entrance fee.

Interactive zoo with different climates and ecology.

Bring extra ¥en for food and souvenirs.

Paintball in Iwakuni

Sunday, June 6

7 a.m. – 10 p.m.

\$25 Includes transportation, rental fees and 200 paintballs.

Gather your friends and have some ultimate paintball fun. After paintball enjoy shopping at the Iwakuni PX, book store or grab a bite to eat at some of your favorite places like Burger King and Pizza Hut. Bring extra cash for food and additional paintballs.



Space World

Saturday, June 12

9 a.m. – 7 p.m.

\$25 Includes transportation and entrance fee.

Experience the thrill of the Atlas Tower and the rush of the Alien Panic.

Bring extra ¥en for shopping and food.

Japanese Professional Baseball

Sunday, June 13

10 a.m. – 7 p.m.

\$25 includes transportation and ticket.

Experience professional baseball Japanese style in the Fukuoka Dome.

Bring ¥en for food and souvenirs.



Omura Bay Circuit Go-Cart Racing

Saturday, June 19

10 a.m. – 5 p.m.

\$30 Includes transportation and 14 laps.

Bring extra ¥en for additional laps and food.



Nagasaki Day Tour

Saturday, June 26

9 a.m. – 5 p.m.

\$15. Includes transportation and fees for museum and ropeway.

Come see the sites of Nagasaki such as Peace Park, Bomb Museum and Inasa Ropeway.

Bring extra ¥en for food and souvenirs.

Tosu Outlet Shopping

Sunday, June 27

9 a.m. – 5 p.m.

\$5 includes transportation.

Bring ¥en for shopping and food.

Free Movie Night

Thursday, June 10

7 p.m. Enjoy watching a movie premiere with free popcorn and non-alcoholic drinks.

Free Pool Tournament

Monday, June 7 and June 21

7 p.m.

Galaxies Club

Compete for prizes



African Safari / Beppu Tour

Sunday, June 20

9 a.m. – 7 p.m.

\$35 Includes transportation and entrance fees.

Enjoy a real African safari and a tour through "The Hells," a series of eight different hot springs.

Bring comfortable walking shoes and ¥en for food.



animal safari & hot springs tour

Youth Sports

252-8963



Friday, May 28
Swim Team
Registration ends

MAY

AR

Saturday, September 11
Soccer Season begins
Monday, September 20
Flag Football & Cheerleading
Registration begins

SEPTEMBER

ND



Saturday, June 5
Baseball Season ends
Monday, June 14
Swim Season begins

JUNE

OCTOBER



Monday, July 12
Soccer Registration
begins

JULY

EW

Saturday, November 6
Flag Football & Cheerleading
begins Wednesday,
November 17
Basketball & Cheerleading
Registration begins

NOVEMBER

Friday, August 13
Soccer Registration
ends

Saturday, August 21
Swim Team ends

AUGUST

AL

Friday, December 17
Basketball & Cheerleading
Registration ends
Saturday, December 18
Flag Football & Cheerleading
begins

DECEMBER

REGISTRATION FEE INFORMATION

Registering during advertised dates:

\$25 w/o PAYS Membership.
\$20 with PAYS Membership.

Registering after advertised dates:

\$35 w/o PAYS Membership.
\$30 with PAYS Membership.

PAYS Membership Card must
be presented at time of
registration to
receive a \$5 discount.
Registration fees are
per child.
Coaches receive one
child's registration FREE.

MOTTO & PHILOSOPHY

GET INVOLVED

Participation in the Youth Sports Program is encouraged for all eligible children in the Sasebo community. Athletics, competition, and sports, both team and individual are part of the American way of life and all children living in the overseas military community are encouraged to take part in the programs provided to ensure that they have the same experience available as their peers in the United States. Participation in the Youth Sports Program is not limited to our youth. Volunteers make our program work. We must encourage the adult members of our community to participate and contribute to our programs. We must provide them the necessary tools to make the program enjoyable and an overall success.

HAVE FUN

Youth Sports activities must be fun and provide a recreational outlet for the youth of our community and the adult volunteers. Our youth choose to participate for many reasons, but the biggest reason is that they believe playing sports will be FUN. We must strive to keep our youth thinking this way while they develop a positive attitude towards competition and fair play.

LEARN & GROW

Youth Sports Programs must be activities that aid our youth to grow emotionally, socially, psychologically and physically. Our sports programs should help these members of our community gain an understanding of the importance of total fitness. Our programs must include team sports, family and lifetime leisure activities for the development of a well rounded person.

Boys & Girls
Clubs of Sasebo

Ages
5 - 9

Youth Center

Meriham Village Saturday, May 8

9 a.m. - 4 p.m.

Entrance Fee ¥600 / Transportation \$6
Registration Deadline is
Wednesday, May 5

*Come and join us on a trip to Meriham Village.
Enjoy games, rides and various attractions.
Bring extra ¥en for games, rides and souvenirs.
Please bring a sack lunch and 2 snacks.
Minimum of 10 participants are required.*

Summer Pool Party & BBQ Saturday, June 26

7 - 9 p.m.

Hario Village Swimming Pool
Transportation \$2

*Registration Deadline is Wednesday, June 23
Kick off the summer and make a big splash. Let's
all enjoy an evening of swimming, eating and
having fun. Bring your towel and bathing suit.
Minimum of 10 participants are required.*



BOYS & GIRLS CLUBS
OF SASEBO



Bio Park Interactive Zoo Saturday, May 29

9 a.m. - 4 p.m.

Entrance Fee ¥700 / Transportation \$5
Registration Deadline is Wednesday, May 26

*Come and discover animals from all around the
world. Visit the Tropical Dome, see
hippopotamus, lemurs, giraffes, wallabies and
more. Bring extra ¥en to buy feed for the
monkeys, and souvenirs.
Bring a sack lunch and 2 snacks.
Minimum of 10 participants are required.*

Papio Ice Skating Saturday, June 5

8:30 a.m. - 4:30 p.m.

Entrance Fee ¥1200 Yen
(includes skate rental) / Transportation \$10
Registration Deadline is Wednesday, June 2

*Let's beat the heat and enjoy the day ice
skating on the cool ice.*

*Bring a sack lunch and 2 snacks.
Minimum of 10 participants are required.*

Pre-Teen Center

252-3797/252-8968 Ages 10 - 12



BOYS & GIRLS CLUBS
OF SASEBO



FREE MOVIE NIGHT

Friday, May 7 & Friday, June 11
6 - 8 p.m.

Main Base and Hario Pre-Teen Centers
Spend an enjoyable evening watching your favorite movie
with your buddies. Special request accepted prior to
viewing day. (Rated G, & PG Only)

MT. EBOSHI TRIP

Saturday, June 19
9 a.m. - 4 p.m.

Main Base and Hario Pre-Teen Centers
Registration Deadline is Wednesday, June 16
\$4 transportation

Come and join us on a trip to Mt. Eboshi. You can enjoy
grass sledding and various rides. Bring extra Yen for the
rides and food.

Minimum of 10 participants are required.

friends & fun!



POOL TOURNAMENT

Friday, May 21 & Friday, June 18
4 - 7 p.m.

Main Base and Hario Pre-Teen Centers
Registration Deadline: Tuesday, May 18 &
Tuesday, June 15
Cost \$1

Come and show your billiard skills and try
your luck at 8 and 9 ball tournament.
Minimum of 10 participants are required.

FREAKY FRIDAY DANCE

Friday, May 14 & Friday, June 25
5 - 8 p.m.

Main Base and Hario Pre-Teen Centers
Registration deadline is Tuesday, May 11
& Tuesday, June 22
Cost: \$3

Come and join the party and dance 'till you drop.
We've added more games and prizes.
Don't miss a night of fun.
Minimum of 15 participants are required.



A minimum of 10 participants
are required.

Cost: \$3 5 - 8 p.m.

Friday, May 14

Register by Tue., May 11

Friday, June 25

Register by Tue., June 22

Come and join the party and dance 'til you drop!

We've added more games and prizes.

Don't miss a night of fun.

For more information, call 252-3797 or 252-8966.



FREE BIRTHDAY BASH

Saturday,
May 29 &
Saturday,
June 26
4 - 8 p.m.

Main Base and Hario
Pre-Teen Centers
If your birthday falls in
these months, come and
celebrate it with us.
Bring your buddies and
enjoy some free cake and
ice cream.

free movie night!



BOYS & GIRLS CLUBS
OF SASEBO



252-3797/252-8966

Center Teen Center



SPACE WORLD Saturday, June 12

8 a.m. - 7 p.m.

Main Base and Hario Teen Centers

Registration Deadline:
Wednesday, June 9

Cost: \$7 transportation, ¥2800
13-16 yrs. old and
¥3800 for 17 and older
(admission and one day pass)

Enjoy this cool local amusement park that offers some great attractions and different types of food for you to taste. Bring extra Yen for food, souvenirs and additional attractions. Minimum of 20 participants are required.

MAIN BASE AND HARIO TEEN CENTERS

POOL

TOURNAMENT



BOYS & GIRLS CLUBS
OF SASEBO



• SATURDAY, MAY 8
REGISTER BY SAT., MAY 1

• SATURDAY, JUNE 5
REGISTER BY SAT., MAY 29

6-8 P.M.

TRY YOUR LUCK
IN 8 AND 9-BALL
TOURNAMENTS AND
SHOW YOUR BILLIARD
SKILLS.

PRIZES WILL BE
PRESENTED
TO THE WINNERS.

COST: \$1

MINIMUM OF 10 PARTICIPANTS ARE REQUIRED.

FOR MORE INFORMATION, CALL 252-3797 OR 252-8966.

FREE MOVIE NIGHT

Friday, May 14 & Friday, June 25
7 - 9 p.m.

Main Base and Hario Teen Centers

Bring a friend or two and join us for a Friday night movie at the Main Base and Hario Teen Centers.

You may make requests for your favorite movie before the day of showing. (G, PG, and PG-13 Rating Only)

IWAKUNI BASE

Saturday, May 15
6:30 a.m. - 9 p.m.

Main Base and Hario Teen Centers

Ages 13-17 yrs. old, \$15.00 for transportation

Enjoy a day of great shopping outside of Sasebo. Enjoy some of your favorite foods at Burger King & Pizza Hut and visit the Iwakuni Teen Center.

Minimum of 20 participants are required.

TEEN DANCE

Saturday, May 22
7 - 9 p.m.

Main Base and Hario Teen Centers

Cost: \$2

Bring your friends and show off your new dance moves. Minimum of 10 participants are required.

FREE BIRTHDAY BASH

Saturday, May 29 & Saturday, June 26
5 - 7 p.m.

Main Base and Hario Teen Centers

If your birthday falls in these months, come and celebrate with us. Bring a friend to share some cake and ice cream.



Create a special card for....

Mother's Day & on Saturday, May 8 Father's Day on Saturday, June 19

FREE!

2 - 3 p.m. @ the Library

Coloring, Activities & Lots of Fun

For ages 3 - 10





Learn how to
boost your
metabolism
through a
strength-training
program

free METABOLISM BOOSTER

Tuesday, May 4
Tuesday, June 1
6 - 8 p.m.

HARIO FITNESS CENTER



For more information,
call 252-8960.



Hario Community Center

COUNTRY DOLL MAKING CLASS

Tuesday, May 11 • 10 a.m. - 2 p.m.

\$25 Bring scissors, 20 pins and
2 needles for this class.

Register for this class by Satur-
day, May 8 at the
Hario Community Center.



SWAP MEET

Saturday, June 5
9 a.m. - 12 Noon

\$2 per table for sellers

Reserve your table today at the Hario
Community Recreation Office.

NO EARLY BIRDS!

Memorial Day 3K Monday, May 31 8 a.m.

Hario Fitness Center

Register 30 minutes prior to race start time.
Awards will be presented to the 1st & 2nd place
winners in each division (men's, women's & youth).

Youth Golf Clinic Tuesday, June 22 – Thursday, June 24 \$5

8:30-9:30 a.m.: 9-11 years old
10:00-11:00 a.m.: 12 years old & older

Friday Night Basketball June 25 6 p.m.

\$2 registration
Open to all youths 9 – 11 years old.

Youth Basketball Clinic Monday, June 28 – Friday, July 2 10:30 a.m. – 12 Noon \$5

Fleet Fitness Center
For ages 10-12 years old
Conducted by MWR employees, 20 participants
maximum

Shiroinji Kempo Karate Every Saturday 9 a.m. – 11 a.m.

\$21 5-15 years, \$30 16 and older.

Benton Karate Monday & Wednesday 5:30 p.m. White Belts.

6 p.m. All Kids.
7 p.m.

All Adults. \$30 Registration fee plus \$30 per month.

Free Group Exercise with Beth Dugan Tuesday & Thursday 3:00- 4:00 p.m.

Free Group Exercise with Laura Sicks Monday, Wednesday & Friday 7 – 8 p.m.

Massage Service With Junko Miyazaki Call for Appointment \$25-\$45.

Offering Swedish, Aromatherapy and
Reflexology services

Every Saturday
in the month
of May & June.

*Make that special someone a gift
from your heart.*

*Learn the basics of using our
equipment safely.*

*The class is a must for those who
want to use our shop.*

11 a.m.

WOOD HOBBY SHOP

Free
Safety Course

MWR HOBBY SHOPS

Every Sunday in May & June

11 a.m. to 3 p.m.

*Stop by the Auto Hobby Shop located in Bldg.
#1601 and learn how to change your oil and
filter. A qualified attendant will assist you.
First come, first served. Usage fees apply and
cost of oil and filter is paid by the customer.*

Gear Up
Oil Change Clinic

For more information, call 252-2934.

May Birthstone: Emerald
June Birthstone: Moonstone, Pearl, & Alexandrite
NEX Fine Jewelry department offers a full selection of birthstones in many beautiful settings.

**Mother's Day is May 9th.
Father's Day is June 20th.**

Lots of gift ideas for Mom, Dad and your favorite graduate at the NEX.

Typhoon Season will be here soon! Be prepared. Our NEX Typhoon Supply Centers offer everything you'll need to weather the storm. Typhoon Preparedness Supply Checklist is available at Mini-Mart and Four Seasons Store.

Remember
MOM & Dad

Free \$20 NEX

Gift Certificates from AT&T!

Simply show your AT&T monthly statement (any statement from October 2003) to an AT&T representative at the Bayside Foodcourt. An representative will be available on Tuesday, Wednesday & Friday 1000-1400, now through June 30, 2004. For further information, please call 080-5437-8734 or e-mail to attyokos@ysa.attmil.ne.jp.

Order your new vehicle here:



Pick up your new vehicle here:



Over 750 delivery locations in the U.S.A. And World Wide.

Exchange
Call Zak at 252-3792 to find out how!

Roleksza@militarycars.com

Financial Classes

FMI contact Maria McCalister at 252-3121

New Parent Support Classes

FMI contact LaDonna Kolman at 252-3107

Life Skills Development Classes

FMI contact Natsuno Jinguji at 252-3100

Relocation Assistance Program

FMI contact Charles Howard to 252-3101

Transition Assistance Management Program

FMI contact William Years at 252-3114

Cultural Classes

FMI or sign up contact Eriko Kawahara at 252-3102



Meeting Your Needs at Home and at Sea



SATO

Leisure Travel

May & June Special

**MAY&JUNE SPECIAL
HYDROFOIL & HOTEL PACKAGE
TO PUSAN**

Starting at \$155 for 1 Night & 2 Days
Starting from \$207 for 2 Nights & 3 Days

**NAGASAKI
TO SEOUL**
**Starting from
¥22500**

**END OF SCHOOL YEAR
CELEBRATION
BEIJING 5 DAY TOUR JUNE 12 - 16**

Adults \$1090 / Single \$1265
Children \$1025

ROUND TRIP AIRFARE SPECIALS

Manila starting from ¥50500
Hong Kong starting from ¥44500
Bangkok starting from ¥50500
Honolulu starting from ¥53000

Personal checks accepted 45 days prior to departure

Credit cards accepted

Last minute bookings okay

Taxes are included in these prices

Subject to availability

Prices vary depending on departure date

Cash payments accepted only in \$US

Upcoming Tours

June 20 - 27 Phuket & PP

July 1- 6 Bintan Island

July 1 - 8 Cairns

August 23 - 30 Christ-
church

August 26 - 29 Hong Kong

September 2 - 6 Beijing

September 4 - 11 Brisbane

**COMING JUNE 22
CHINA AIRLINES SUMMER
DEALS...
FLIGHTS TO SEATTLE &
HOUSTON**

A Full Service Travel Company

Hours of Operation
Monday - Friday 9 a.m. - 5 p.m.
Saturday, Sunday & Holidays Closed
Phone number:
252-3488/252-3432DSN
Located in the
Housing Welcome Center Bldg. 154

COMMANDER,
FLEET ACTIVITIES, SASEBO
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MWR PUBLIC AFFAIRS
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MWR MARKETING ADMIN.
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PUBLICITY ASSISTANT
Jen Martin



*The Showcase Magazine
welcomes your comments.
Please send letters to:*

Showcase Feedback
MWR Marketing Dept.
PSC 476 Box 5
FPO AP 96322-0005

or email us at:
mwrmarketing@cfas.navy.mil

Main Base

Administration	X3472
Auto Hobby Shop	X3977
Mon & Fri: 12 Noon - 8 p.m.	
Wed & Thu: 4 - 8 p.m.	
Sat & Sun: 11 a.m. - 6:30 p.m.	
Bowling Center	X3634
Daily 11 a.m. - 10 p.m.	
Secured second Tuesday of each month until 5 p.m.	
11th Frame Snack Bar	X3636
Child Development Center*	X2985
Mon - Fri: 6:30 a.m. - 5:30 p.m.	
Closed Federal Holidays.	
(Special openings by pre-arrangement)	
Fleet Fitness Center	X3588
Gear Issue	X3595
Spare Time Recreation Fitness Center	
Open 24 hours daily	
Galaxies Club	X2980/2981
Sun - Thurs: 6 p.m. - 12 a.m.	
Fri & Sat: 6 p.m. - 2 a.m.	
Launch Pad (2nd Deck)	
TAKE-OUT	X2977/2978
<i>Market Street Grill, Parcheezi's & Cactus Cantina</i>	
Sun - Thu: 11 a.m. - 11 p.m.,	
Fri & Sat: 11 - 1 a.m.	
2 nd Floor Lounge opens 11 a.m. daily	
Harbor View Club	X3965/3966
Breakfast: Mon - Fri: 6:30 - 9 a.m.,	
Sat: 6:30 - 10:30 a.m.	
Lunch: Mon - Sat: 11 a.m. - 2 p.m.	
Dinner: Mon - Sun: 5 - 9 p.m.	
Sunday Brunch: 10 a.m. - 2 p.m.	
Game Room Daily: 9:30 a.m. - 11:30 p.m.	
Cove Tavern:	
Daily: 4:30 p.m. - 11 p.m.	
John Meyer (CPO) Club:	
Daily: 11 a.m. - 11 p.m.	
Liberty	X3756
Single & Unaccompanied Program	
Located on the second floor above the	
Fleet Fitness Center	
Sun- Thu: 11 a.m. - 11 p.m.	
Fri & Sat: 11 - 1 a.m.	
Holidays: 11 - 1 a.m.	
Library	X3593
Mon - Sat: 9 a.m. - 10 p.m.	
Sun & Holidays: 10 a.m. - 5 p.m.	
Marketing	X3930
Paws & Claws	X2905
Mon, Tues, Thurs & Friday:	
8 a.m. - 12 Noon & 1 - 5 p.m.	
Wed: 9 a.m. - 12 Noon & 1 - 5 p.m.	
Holidays Hours: 9 a.m. - 3 p.m.	
Weekends: 8 a.m. - 4 p.m.	
Personnel Office	X3328
Mon - Fri: 8 a.m. - 4:30 p.m.	

Sailing & Outdoor Adventure Ctr. **X3500**
Mon, Thu, Fri: 11 a.m. - 6 p.m.
Secured Tuesday and Wednesday
Saturday & Sunday: 8 a.m. - 6 p.m.

Sato Leisure Travel **X3488**
Mon - Fri: 9 a.m. - 5 p.m.
(located in the CFAS Welcome Center)

Showboat Theater **X3822**
Showtimes published weekly in "Sasebo Soundings"

Teen Center **X3797**
Mon - Thurs: 3 - 6 p.m.
Fri & Sat: 3 - 11 p.m.

Travel & Tours **X3433/2916**
Mon - Sat: 10 a.m. - 6 p.m.

Veterinary Services **X3585**
Mon, Tue, & Fri: 8 a.m. - 4 p.m.
Wed: 8 a.m. - 3 p.m.
Thurs: 1 - 3:30 p.m.
Sat, Sun, & Holidays: Secured

Wood Shop **X3954**
Tuesday & Thursday: 5- 9 p.m.
Sat: 11 a.m. - 5 p.m.

Youth Center **X3797**
Mon- Fri: 7 - 8 p.m. & 2:30 - 6 p.m.
Sat: 12 - 6 p.m.
Federal Holidays: 12 p.m. - 6 p.m.
School holidays: 7 a.m. - 6 p.m.

Hario Village **X8842**
Child Development Center
Mon - Fri: 6:30 a.m. - 6 p.m.
Closed Federal Holidays
(Special openings by pre-arrangement)

Community Recreation Office **X8860/8861**
Mon - Fri: 8 a.m. - 5 p.m.,
Sat: 10 a.m. - 2 p.m.

Fitness Center **X8960/61**
Mon - Fri: 6 a.m. - 10 p.m.
Sat, Sun & Holidays: 8 a.m. - 10 p.m.

Hario Pub **X8857**
Thu - Sat: 5 p.m. - 12 a.m.
Secured Sunday through Wednesday

Teen Center **X8966**
Mon - Thu: 4 - 8 p.m., Fri: 4 - 11 p.m.
Sat: 3 - 11 p.m., Sun: 12 - 5 p.m.
Federal & School Holidays
Mon- Thu 3 - 9 p.m.
Fri & Sat 3 - 11 p.m., Sun 12 - 5 p.m.

Village Theater **X8753**
Showtimes published in the weekly in the "Sasebo Soundings".

Youth Center **X8866**
Mon - Fri: 6 a.m. - 6:30 p.m.
Sat: 12 - 4 p.m.
Federal Holidays: 12 p.m. - 4 p.m.
School Holidays 6 a.m. - 6:30 p.m.

May-at-a-Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Mother's Day is May 9.</i>				HVC - Harbor View LIB - Library LP - Liberty OREC - Outdoor Recreation Center SB - Showboat Theater STRC - Spare Time Recreation Center TC - Teen Center T & T - Travel & Tours PTC - Pre-Teen Center	AHS - Auto Hobby FFC - Fleet Fitness GC - Galaxies Club HCC - Hario Community Center HFC - Hario Fitness VT - Village Theater YC - Youth Center YS - Youth Sports	OREC - Sea Kayaking Class LP - Go Cart Racing T&T - Arita Chinaware Sale
OREC - Basic Sailing Class LP - 99 Island Tour Cinco de Mayo in Hario 2	OREC - Powerboat Safety Course GC - Monday Mayhem 3	HFC - Metabolism Booster Clinic 4	HVC - Bingo 5	OREC - RV Certification Class HVC - Mongolian BBQ GC - Latin Night 6	OREC - Basic Sailing Class GC - VVR Band STRC - Ruler of the House Bowling Tourney 7	OREC - Ryumon Valley Hiking & Fishing LP - Kumamoto Castle FFC - Quick Ball LIB - Create-a-Card Armed Forces Day Nimitz Park 8
Mother's Day HVC - Mother's Day Brunch OREC - Sea Kayaking Class T&T - Yasuragi Kan T&T - Pro Baseball 9	OREC - Powerboat Safety Course LP - Pool Touney GC - Monday Mayhem 10	HCC - Doll Making Class 11	HVC - Bingo 12	OREC - RV Certification Class HVC - Mongolian BBQ LP - Free Movie Night GC - Colin Quinn Live! 13	OREC - 99 Islands Overlook Hike FFC - Armed Forces Day 5K STRC - 3-6-9 Bowling Tourney T&T - Universal Studios 14	OREC - Sea Kayaking Class LP - Mitsui Greenland FFC - Golf Tourney T&T - Kijima Amusement 15
OREC - Water Skiing LP - Iwakuni Paintball T&T - Mt. Kurokawa 16	OREC - Powerboat Safety Course 17	 18	HVC - Bingo T&T - Making Pottery 19	OREC - RV Certification Class HVC - Mongolian BBQ GC - Dirk Diggler Night 20	OREC - Rockwall Climbing STRC - No Tap Special Bowling Tourney 21	OREC - Kuju Hike LP - Kumagawa Boat Ride T&T - Chelsea Shopping Outlet 22
HVC - Asian Pacific Heritage Month Luau Brunch OREC - Basic Sailing Class T&T - Space World T&T - Iwakuni 23	OREC - Powerboat Safety Course LP - Pool Tourney GC - Monday Mayhem 24	HVC - Live Comedy Showase 25	HVC - Bingo 27	GC - Latin Night HVC - Mongolian BBQ 27	OREC - Rockwall Climbing STRC - 3-6-9 Bowling Tourney 28	OREC - Luau & Casino Night LP - Gatalympics FFC - Memorial Day Softball Tourney T&T - Merihama Village 29
OREC - Sasebo Water Tour LP - Miyazaki Ocean Dome T&T - Kumamoto Castle T&T - Hiroshima Overnight Trip 30	OREC - Open House FFC - Memorial Day Golf Tourney & 10K HFC Memorial Day 3K T&T - Professional Japanese Baseball 31	 				

June-at-a-Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 OREC - Hatten Dake Hiking & Fishing Trip T&T - Shimabara Unzen T&T - Miyazaki Ocean Dome LP - Paintball 6	 OREC - Powerboat Safety Course LP - Pool Tourney GC - Monday Mayhem 7	 1	HVC - Bingo 2	OREC - RV Certification Class HVC - Mongolian BBQ GC - Latin Night 3	OREC - Mt. Eboshi Hike STRC - Ruler of the House Bowling Tourney GC - Hip Hop Night 4	OREC - Sea Kayaking Class T&T - Safari Park T&T - Yanagawa Boat Ride LP - Bio Park 5
 OREC - Hatten Dake Hiking & Fishing Trip T&T - Shimabara Unzen T&T - Miyazaki Ocean Dome LP - Paintball 6	 OREC - Powerboat Safety Course LP - Pool Tourney GC - Monday Mayhem 7	 8	HVC - Bingo 9	OREC - RV Certification Class HVC - Mongolian BBQ GC - Latin Night LP - Free Movie Night 10	OREC - Basic Sailing Class FFC - Caliente Noche One Pitch Softball Tourney STRC - 3-6-9 Bowling Tourney T&T - Kyoto Trip 11	T&T - Japanese Professional Baseball LP - Space World 12
OREC - Sea Kayaking Class T&T - Mitsui Greenland T&T - Marine World & Costco LP - Japanese Professional Baseball 13	OREC - Powerboat Safety Course FFC - Flag Day 3K 14	 15	HVC - Bingo 16	OREC - RV Certification Class HVC - Mongolian BBQ 17	OREC - 99 Islands OREC - Teen Water Skiing STRC - No Tap Special Bowling Tourney GC - Hip Hop Night 18	OREC - Kuroshima Deep Sea Fishing LIB - Create-a-Card FFC - Father & Child Golf Tourney T&T - Bio Park T&T - Acorn Village LP - Go Cart Racing GC - Juneteenth Party 19
OREC - Water Skiing FFC - Splash n'Dash FFC - Sand Volleyball T&T - Kumagawa LP - Safari / Beppu GC - Iron Maidens in Concert HVC - Father's Day Brunch 20	OREC - Powerboat Safety Course FFC - Captain's Cup Sports Leagues FFC - Trivia Bowl, 8-Ball & Bowling LP - Pool Tourney GC - Monday Mayhem 21	HFC - Youth Golf Clinic GC - Comedy Showcase 22	HVC - Bingo T&T - Making Pottery GC - Hometown News Country Band 23	OREC - RV Certification Class HVC - Mongolian BBQ 24	OREC - Sasebo Water Tour FFC - Late Night Madness Dinner, Movies & Sports HFC - Night Basketball STRC - 3-6-9 Bowling Tourney 25	OREC - Sea Kayaking Class T&T - Kurume & Yame T&T - Space World LP - Nagasaki Day Tour HVC - Craig Karges 26
T&T - Karatsu T&T - Moji & Shimonoseki LP - Tosu Outlet 27	OREC - Powerboat Safety Course HFC - Youth Basketball Clinic 28	 29	HVC - Bingo 30		HVC - Harbor View LIB - Library LP - Liberty OREC - Outdoor Recreation Center SB - Showboat Theater STRC - Spare Time Recreation Center TC - Teen Center T & T - Travel & Tours PTC - Pre-Teen Center	AHS - Auto Hobby FFC - Fleet Fitness GC - Galaxies Club HCC - Hario Community Center HFC - Hario Fitness VT - Village Theater YC - Youth Center YS - Youth Sports



C R A I G K A R G E S



Dinner Show

ADULTS: \$15.95

CHILDREN 5 - 10 YEARS OF AGE: \$7.95

CHILDREN 4 & UNDER: FREE

Doors open at 5:00 p.m.

Show begins at 6:30 p.m.



Experience the Extraordinary

**Saturday,
June 26**



For more information, call 252-3965. Visit their site @: www.craigkarges.com